



REGULATIONS &c.

ADOPTED BY THE

CENTRAL BOARD OF HEALTH

UNDER THE

ACT 12 VICT. CAP. 8.



QUEBEC:

PRINTED AT THE CANADA GAZETTE OFFICE.

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GOVERNMENT HOUSE, QUEBEC,

Thursday, 20th July, 1854.

Present :

HIS EXCELLENCY THE GOVERNOR GENERAL IN COUNCIL.

HIS EXCELLENCY has been pleased to approve of the following Code of Directions and Regulations adopted by the Central Board of Health, under the provisions of the Provincial Statute 12th Vict. Cap. 8.

WM. H. LEE, C. E. C.

Chapter First.

**GENERAL AND PERSONAL DIRECTIONS TO
FAMILIES AND INDIVIDUALS.**

1. Yards should be cleansed of all Filth ; Dung-heaps, Liquid Manure, &c., should be removed without delay ; low and wet places should be drained, but if this be not practicable at the moment, they should be filled with sand or old mortar, with a view to the absorption of the moisture. All premises around dwellings should be kept clean and dry. Privies should be thoroughly cleansed and washed, and their doors and covers left open to prevent the accumulation of foul air, and allow of free ventilation.

2. Cellars which are inhabited, or used as Kitchens, should be kept dry and comfortable by small fires, and a free circulation of the atmosphere, both by day and night, and their walls should be whitewashed twice a month during the prevalence of the Epidemic ; this also should be done in old houses, especially those occupied by the poorer classes. The floors of all houses where Carpets are not used, should be washed and scrubbed twice a week.

3. Every house should be well aired, chimney boards and stove pipe stoppers removed, and the doors of all apartments left open, both day and night. A Ventilator in one window of each room, particularly in old and low dwellings, would much contribute to

health. Night-chairs, dirty water, &c., should be removed; and, where practicable, the upper and most airy rooms should be selected as the sleeping apartments.

4. The Bedding of every family should be well aired every day, and left uncovered and exposed for a few hours, so that the perspiration imbibed during the night, may be completely evaporated. Under any circumstances it is well to adopt this custom. The doors and windows of Schools, as well as those of Mechanics' Shops, where many persons are congregated together, should be kept open day and night.

5. Personal cleanliness should be strictly observed; a tepid bath taken two or three times a week, and the body rubbed dry with a coarse napkin, will be found very useful.

6. Flannel Vests with sleeves, and Drawers should be worn next the skin, and persons subject to bowel complaints, should wear, in addition, a warm swathe of Flannel around the abdomen.

7. Strict moderation both in eating and drinking must be observed, and any excess of mental or bodily fatigue carefully avoided. The Diet should be of a light and nourishing nature, consisting mainly of animal food. Fish of all kinds should be eaten with extreme caution, and Vegetables should be used but sparingly, and those only to which the individual is well accustomed. Good mealy Potatoes, steam-boiled or roasted, may be used as heretofore; Bread should always be stale; Rice should be used as much as possible; and green cooked Vegetables, as Peas, Beans, Cabbage, &c., should be avoided. Those whose bowels are easily affected by Veal or fresh Pork, or by boiled meats, should not eat those articles. When Fruit is eaten, let it be with the utmost caution, and none but the ripest and most mellow should be indulged in. Those Fruits which require sugar to counteract their natural acidity, should not be used during the prevalence of Cholera.

8. Those who from principle, or any other reason, object to the use of Spirituous or fermented drinks at dinner, are recommended to take tea or toast water at that meal, but those who for years have been in the

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habit of using Spirituous or fermented drinks, and in whom a sudden change in their mode of life might be attended with bad results, are strongly recommended to use these articles in small quantities, and of the best quality.

9. Long fasting should be avoided. Those whose avocations oblige them to dine late, should take a wholesome nutritious luncheon. Late Suppers and indulgence in several viands at the same meal, should be avoided.

10. In the warm months of summer, the thirst is generally very great, and cold and refreshing drinks are sought after with much avidity, than which nothing can be more dangerous. Cold and acid beverages, as cider, light acid wines, and brandy sipping, should be sedulously abstained from. Soda water, with an excess of alkali, or carrara water, flavored with a little syrup of ginger, and tincture of ginger, may be taken, but in small quantities at a time.

11. Nurses and others who attend the sick, should take nourishment frequently, and should not sleep in the apartments of those they are attending.

12. The Central Board, while it admits that science has not as yet discovered any specific for the cure or prevention of cholera, is nevertheless convinced that, with certain precautions, many cases may be prevented from becoming serious, and under this conviction, it offers to the public some advice calculated to protect, and give confidence during an epidemic of cholera.

13. Experience has proved that in a large majority of cases, cholera is ushered in by certain premonitory symptoms, such as looseness of the bowels, nausea, uneasiness of the stomach, colic, &c. These should be at once attended to, as in this stage the disease is easily controlled: and it is believed that many valuable lives have been lost in consequence of neglecting these indications. It is therefore advised that every family should have in the house some remedies recommended by their respective Physicians, which can at once be administered, and further that the presence of the medical attendant be required without delay.

14. It is recommended that the sick should not be attended by a greater number of persons than is absolutely necessary, inasmuch as the crowd of persons in the room is prejudicial to the invalid, and predisposes the attendants to contract the disease.

15. The public are earnestly warned against the use of strong purgatives and emetics during the prevalence of Cholera; and also against the indiscriminate use of the various Mineral Waters so much used at present. These latter remedies are most valuable in many diseases when selected and prescribed for the patient by his Medical Attendant, but as it frequently happens that the patient himself decides upon the quantity and quality of them he should drink, it is feared that much injury will result from the practice, although small quantities of them may be used with advantage. The Board also considers it its duty to warn the public against the use of the many kinds of Patent Medicines so extensively employed.

16. The clothing and bedding used by Cholera Patients should be destroyed by fire; when parties object to this course, they should certainly be exposed to a high temperature in an oven, and then be thoroughly washed in the following mixture:

Chloride of Lime, one pound,

Water, four gallons.

As the disinfecting agent, the Board would recommend the Chloride of Lime, or the Solution of the Chloride of Lime, for Out-Offices, Privies, Sewers, Drains, Night-chairs, &c.; and they are of opinion that in the sick chamber, and other apartments in the vicinity of Cholera patients, aromatic vinegar or burnt vinegar will be found useful and agreeable.

17. In conclusion, the Board would warn the Public against unnecessary alarm, as, in its opinion, nothing will more certainly predispose to disease of any kind, than giving way to depressing fear. The Board therefore, while it condemns in the most unqualified manner, the assembling together of large bodies of persons, as at balls, theatres, races, &c., would recommend cheerful society, by family or other small re-

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Chapter Second.

GENERAL DIRECTIONS TO LOCAL BOARDS AND OTHER AUTHORITIES.

The Central Board directs and orders :

1. That the Local Boards in all Cities, Towns or places, where the disease appears likely to spread, to adopt the system of *Daily Medical Domiciliary Visits*, throughout the City, Town, or place, where practicable, or, at least, in those parts of the City, Town, or place, lying low, or which are badly ventilated, and occupied by the poorer classes of society.

2. That small temporary hospitals should be opened in different parts of Cities, Towns or places, to which poor and indigent patients may be at once removed ; thus avoiding the transport of patients through the City to a permanent hospital which may be at a distance, a step prejudicial to the patient, and alarming to the citizens.

3. That there shall be established Houses of Refuge in the non-infected Districts, found so useful in Scotland and elsewhere, to which poor families, who may have lost any of their members by cholera, may be immediately removed, while their own dwellings are being fumigated, white-washed, &c.

4. The Board directs the attention of the Local Boards to the over-crowded state of the Boarding Houses occupied by Emigrants and Seamen at this season of the year, with a view to remedy this so fruitful source of disease.

5. The Board directs the attention of the proper authorities, particularly of Quebec and Montreal, to the shameful manner in which, on certain occasions, the steamers trading between those Cities are over-crowded with steerage passengers. These people having just come off a long voyage, during which they often suffer many privations, are consequently already predisposed to disease, and, it is feared, often fall

victims to cholera, upon being exposed to the night air, or huddled together in large numbers between decks.

6. The Central Board, while it admits that the question of the contagious or non-contagious character of cholera, is an open one, would nevertheless recommend all Local Boards, or other authorities, to act upon the presumption that it is contagious; and would further suggest that the Quarantine Regulations at Grosse Isle should be strictly enforced.

7. The Board directs that, so soon as it shall become known that cholera exists in any City, Town, or place, the Local Board should cause the first few cases to be traced to their origin, which, with any other information that may be obtained, with reference to the course of the disease or otherwise, shall be communicated to the Central Board. The members of the medical profession are also respectfully requested to communicate to the Board that line of action, which in their experience has proved most successful. The Central Board hopes thus to obtain much valuable information, and believes that the cause of humanity and science will, at the same time, be promoted.

7. The Central Board of Health do hereby direct, and the Local and other Boards and Committees of Health and Health Officers aforesaid are hereby authorised to see that the following directions and regulations be also strictly enforced:

8. That all putrid and unsound beef, pork, meat, fish, whether fresh or salted, hides, skins, all dead animals, animal excretions and remains, and every putrid, offensive, unsound or unwholesome matter or substance, whether animal or vegetable, found in any street or other place, be immediately removed and disposed of, so as most effectually to secure the public health.

9. That all cellars, sinks, cess-pools, privies, and places containing unwholesome matter or substance, which require cleansing, emptying, altering or repairing, in order to preserve the Public Health, be forthwith so cleansed, emptied, altered or repaired,

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10. That streets, and places, be hollow and sand; obstructed the waters where the of Main D the proper to be made lots, in which drained off

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and abundantly sprinkled with lime, before and during the existence of any contagious disease or epidemic.

10. That all stagnant water about dwellings, yards, streets, and in cellars, pits, and vacant lots and other places, be at once drained off if practicable; and all hollow and wet places be filled up with fresh earth and sand; and all drains, sewers, and water courses, obstructed or stopped up, be at once opened, so that the waters may flow freely and unrestricted; and where the Public Health is endangered from the want of Main Drains or Sewers in any street or place, that the proper authorities do forthwith cause the same to be made, so as that all cellars, pits, and vacant lots, in which water remains, may be immediately drained off.

11. That where Swine are kept, if they occasion any bad or offensive odour, and especially if fed from the Offal of Butchers Sheds, or Slaughter Houses, they be immediately removed to such a distance from any dwelling, so that the inhabitants may not be annoyed by such offensive odours.

12. That Butchers keep their premises particularly clean, and dispose, without delay, of all the Offal, Excrements, and remains of the Animals slaughtered, in such wise as not to offend their neighbours, or the public, with the bad odours resulting from the putrid effluvia, so abundantly given off from such substances. It would moreover be desirable that no Slaughter House be allowed within the limits of any City or Town.

13. That all Skins and Hides, and the skulls, horns and bones adhering to such skins and hides in Tanners' yards and premises, and all hoots and horns and bones collected for or intended to be used in the manufacturing of Neats' Foots' Oil, shall not be allowed to accumulate, but in every instance, be removed before disagreeable odours arise therefrom, to such place, or be put into such a state as that the Public Health be not endangered thereby.

14. That Tanyards and Tanneries be visited by the Health Officers, at least once a week, to see that

Hides and Skins are not piled up in heaps, or in a state of decomposition; and that the scrapings of Hides and Skins and every thing appertaining to them, in the raw, green, or crude state, be at once removed, and burned or disposed of so as to prevent the escape of bad odours from their decomposition.

15. That all Bones and Skins collected for shipment, manufacture, or other purposes, be at once removed, when they occasion offensive odours, to a place or places where they are not likely to prove detrimental to the public Health. The Board also recommends that depots of these matters should not be allowed to exist within the limits of any City or Town.

16. That all imported Hides and Skins be at once examined, and that such as have suffered from wet, or are in a putrid state, or commencing decomposition, be conveyed away or disposed of, so as not to prove injurious to the health of the community.

17. That great attention shall be paid to the management of cemeteries, and other burying places. No interment shall be permitted within the walls of a church, or the limits of any City or Town,—care shall be taken to avoid any crowding in upon burying places, and closed vaults, in which recent interments have taken place, shall be opened with the utmost caution.

18. That during the prevalence of the Epidemic, Undertakers, and parties in charge of Funerals, shall adopt the shortest possible route to the intended burying place, thus avoiding the alarm caused to the public by the frequent appearance of such processions in the more public thoroughfares.

19. That during the prevalence of the Epidemic, the Keepers of Hotels, Taverns, Boarding-Houses, and other places of Public accomodation, as well as Citizens in general, to report or cause to be reported to the local Board of Health for the District, any death from cholera which may occur at their respective premises.

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20. That the Sextons or persons having the charge of any burial ground, or place where persons who may have died of Asiatic Cholera, shall be buried, shall once every twenty-four hours, during the prevalence of Asiatic Cholera in their respective localities, report, or cause to be reported, in writing, to their respective local or other Boards, or Committees of Health, or Health Officers aforesaid, the names of all persons who have been so buried within the ground or place whereof they may be so in charge.

21. That the Captains or Masters of all ships, steamboats, crafts and vessels, arriving at any port or place within the province, shall report without delay to the Local Board thereof, any deaths that may have occurred on board during the voyage or passage, in order that precautionary measures, elsewhere referred to, may be taken.

22. That the local and other Boards and Committees of Health throughout the Province, do report to the Secretary of the Central Board at least once a week, the state of the Public Health in the City, Town or place, for which they are appointed, specifying the nature of the disease, and the number of deaths.

